



## I-X

Stock #1218-4 (100 capsules)

I-X is an herbal iron source frequently used for anemia and chronic inflammatory conditions such as lymphatic infections and skin problems. I-X cleans and detoxifies the liver, purifies the blood, induces perspiration to promote the elimination of toxins, soothes inflamed tissues, stimulates urine flow, and provides a mild laxative effect.

I-X is recommended for iron-deficiency anemia, arthritis, chronic constipation, fatigue, hemorrhage, hemorrhoids, inflammatory skin conditions, liver problems, lymphatic infection, menorrhagia, rheumatism, and urinary dysfunction.

**Burdock** is especially useful for treating conditions related to chronic toxicity, as it stimulates elimination of wastes via the colon, kidneys, and skin. Burdock is particularly well-known as a blood purifier, and has also been used to soothe inflammation in both internal and external tissues. Clinical studies have shown burdock improves liver and

gallbladder function. Research indicates burdock is helpful for treating inflammatory conditions resulting from chronic toxicity, including arthritis, gout, heavy metal poisoning, infection, rheumatism, and sore throat, as well as chronic skin conditions such as abscesses, acne, boils, burns, carbuncles, eczema, psoriasis, rashes, skin infections, and benign skin tumors.

**Chickweed** provides ample amounts of viscous fiber and stimulates digestion due to the presence of triterpenoid saponins. Chickweed is believed to help break up fat and fatty deposits in the body, perhaps due to these same saponins. Chickweed has been shown to help gastrointestinal problems such as constipation, hemorrhoids, intestinal toxicity, and ulcers, as well as balance intestinal flora, provide bulk to the stool, and reduce bowel transit time. Chickweed also helps reduce inflammation and acts as a blood purifier and anti-rheumatic agent. Chickweed also promotes a cleansing, soothing, tonic effect on the urinary system for relieving cystitis and urinary tract inflammation. Chickweed has been found beneficial for iron-deficiency anemia due to its high iron content, as well as debility and weakness because of its combined nutrient profile and ability to enhance assimilation and absorption of dietary nutrients.

**Mullein** contains mucilaginous substances, called polysaccharides, which protect mucous membranes and prevent them from absorbing toxins. The cooling, soothing properties of the mucilage lubricates tissues, reduces inflammation, and enhances healing. Mullein relaxes muscle spasms which helps relieve chronic coughing and abdominal cramping. Mullein also provides diuretic, analgesic (pain-relieving), antiseptic, and antibacterial benefits. Such properties support mullein's use for treating allergies and hayfever, dysuria, glandular swelling, hemorrhoids, inflammatory skin conditions, influenza, nephritis, ulcers, urinary tract infections, and even nervous tension and insomnia. Mullein is very rich in iron, and is a good source of vitamins A, B<sub>2</sub>, B<sub>12</sub>, niacin, pantothenic acid, and C, as well as the minerals calcium, magnesium, manganese, and silicon.

**Nettle** provides a cleansing, detoxifying action on the body, stimulating urine flow and enhancing elimination. Nettle slows or completely stops bleeding (nosebleeds and wounds) and acts as an astringent, making it beneficial for excessive menstrual bleeding. Nettle is anti-allergenic, and has been shown to be helpful for asthma, hay fever, and itching. Studies show nettle slightly lowers blood pressure and blood sugar levels. Nettle is especially rich in iron, as well as vitamins A and C, iodine, magnesium, potassium, silicon, sodium, chlorophyll, and indoles. Nettle is useful for anemia, arthritis, breast-milk production, edema, gout, hemorrhage (especially of the uterus), hemorrhoids, menorrhagia, poor kidney function, rheumatism, and skin problems such as eczema and insect bites.

**Red beet** stimulates the production of digestive fluids and enzymes, shrinks inflamed tissues, and promotes urine flow. Red beet also enhances immunity due to the presence of the anthocyanin, betanin. Red beet is a good source of potassium and has been used as part of an herbal cleansing regimen for treating cancer. Red beet has been found helpful for frequent urination, inflammatory skin conditions, liver congestion, and menorrhagia.

**Red raspberry** contains high amounts of the minerals iron, manganese, and pantothenic acid, as well as calcium, magnesium, selenium, and vitamins A, B<sub>1</sub> and C. Raspberry leaves also contain flavonoids, polypeptides and tannins, which are especially beneficial for their astringent action, to shrink swollen tissues. Raspberry tannins are believed to be responsible for the herb's ability to combat diarrhea, hemorrhoids, morning sickness, nausea, and vomiting, making the herb especially useful for dysentery and intestinal flu. Raspberry also reduces postpartum bleeding and uterine swelling, promotes tissue repair, and increases lactation. Of course, red raspberry is also beneficial for the abdominal pain, constipation, cramping, and heavy bleeding.

**Yellow dock** has become favored as a tonic for the liver and gall bladder, due to its astringent purification of the blood supply to the glands. Compared to other herbs, yellow dock has one of the most prominent reputations for clearing skin problems, relieving glandular inflammation and swelling, and curing a variety of bladder ailments and liver diseases, including jaundice. Many Native American medicine men were quite competent in using yellow dock for treating jaundice. Yellow dock also works as a laxative, encouraging the production of bile and digestive fluids and easing inflammatory bowel conditions.

*Companion products:*

*Herbs* - alfalfa, bilberry, butcher's broom, dandelion, kelp, parsley, red clover, rose hips, spirulina, All Cell Detox, Ayurvedic Skin Detox, P-C, BP-X, Energ-V, Fitness Plus, Gall Bladder Formula, Joint Support, LIV-J, Milk Thistle Combination, Super Algae, Herbal Trace Minerals, Uña de Gato

*Vitamins/Supplements* - B-Complex, B12, Bifidophilus, Bowel Build, vitamin C, Food Enzymes, Garden Essentials, Grape, Iron, Master Gland, PDA, Proactazyme, Super Supplemental, Target Endurance, Trace Mineral Maintenance, Zinc

*Homeopathics* - Acne, Arthritis, Detoxification, Eczema/Psoriasis, Fatigue/Exhaustion, Feminine Tonic, Inflammation, Menstrual